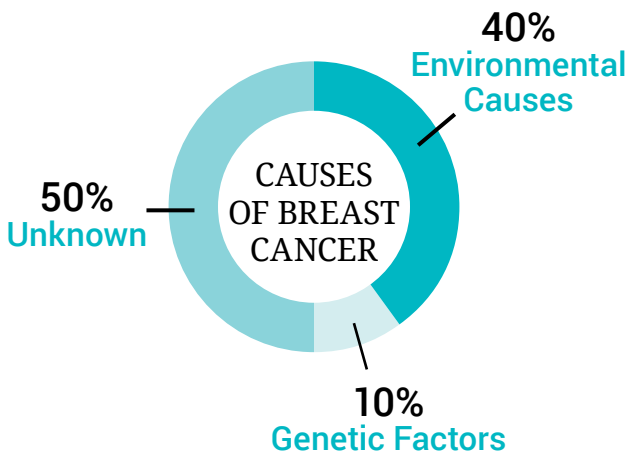


1 in 8 Women

Will Get Breast Cancer In Her Lifetime



- The biggest risks are being female and getting older. Men can get breast cancer too but this is very rare.
- Half of breast cancers can't be explained - we still have a lot to learn.
- Genetic factors explain 5 – 10% of breast cancers cases.
- 40% of breast cancers can be attributed to behaviors as well as physical and social environments.

Practice the precautionary principle – if in doubt cut it out!

These guidelines will benefit everyone, particularly during times of breast development, such as puberty and pregnancy.

The tips in this brochure are based on the latest scientific evidence for:

- **LIFESTYLE FACTORS:** Healthy eating, physical activity, good sleep habits and social support help to manage stress and limit inflammation.
- **ENVIRONMENTAL HAZARDS:** Avoid carcinogens (radiation and chemicals linked to cancer) and substances that disrupt hormones.



NO ONE CAN DO IT ALONE!
Together we can build strong communities to protect our health and promote wellness.

zero
 breast cancer
 zerobreastcancer.org



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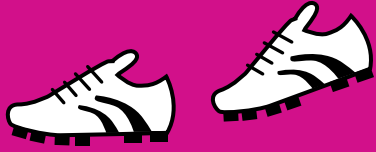
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13 Ways to Reduce
 Your Risk
 of Breast Cancer

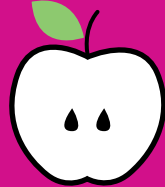
13 Ways to Reduce Your Risk of Breast Cancer

YOU CAN



- Be physically active – walk, cycle, dance or do whatever activity you enjoy for 30 minutes or more most days of the week.

- Eat a healthy, balanced diet with plenty of fresh or frozen fruits and vegetables (avoid cans lined with BPA – learn more at www.ewg.org) and whole grains. Limit red meat and avoid processed meat.



- Drink from your own glass or stainless steel bottle and avoid bottled water (saves money and our environment, too!).



- Don't use tobacco and don't let anyone use in your home or car.

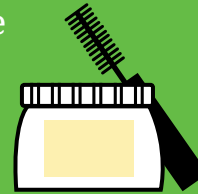
- Limit alcoholic drinks to 1 or less a day, 3 – 5 a week.



TRY TO

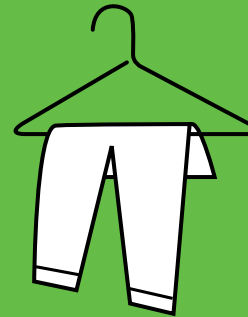
- Use non-toxic cleaning and household products like baking soda and vinegar; avoid chemical air fresheners and products with phenols and fragrance.

- Use fewer personal care products or cosmetics; avoid parabens, fragrance and sunscreen with oxybenzone.



- Cook in stainless steel or cast iron (avoid non-stick), microwave in glass or ceramic (never plastic) and limit plastic food packaging.

- Avoid dry cleaning, especially with PERC (if used, air those clothes outside); look for “wet cleaning.” Avoid clothing with wrinkle free, stain resistant, water proofing and fire retardant treatments where possible.



DOCTORS ADVISE



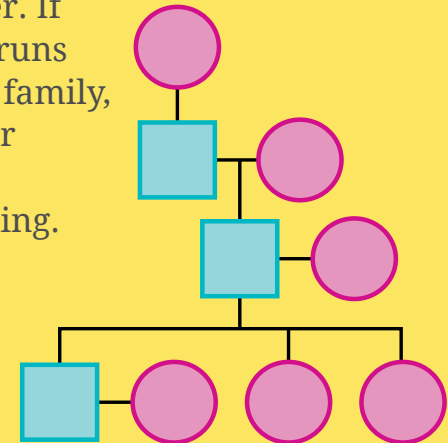
- Breastfeeding your baby for as long as possible, ideally for a year.

- Minimizing radiation exposure (especially CT scans and chest x-rays) for females under 20.



- Avoiding combination hormone replacement therapy (HRT) with estrogen and progesterone for typical menopause.

- Discussing your family history of breast and ovarian cancers with your doctor or health care provider. If cancer runs in your family, consider genetic counseling.



To learn more go to zerobreastcancer.org. Like us on Facebook and follow us on Twitter.